

Full Report (All Nutrients) 15047, Fish, mackerel, Atlantic, cooked, dry heat

Report Date: June 25, 2017 19:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 88g	3.0 oz 85g
Proximates						
Water	g	53.27	--	--	46.88	45.28
Energy	kcal	262	--	--	231	223
Energy	kJ	1096	--	--	964	932
Protein	g	23.85	--	--	20.99	20.27
Total lipid (fat)	g	17.81	--	--	15.67	15.14
Ash	g	1.53	10	0.070	1.35	1.30
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	15	--	--	13	13
Iron, Fe	mg	1.57	10	0.080	1.38	1.33
Magnesium, Mg	mg	97	--	--	85	82
Phosphorus, P	mg	278	--	--	245	236
Potassium, K	mg	401	10	15.900	353	341
Sodium, Na	mg	83	10	8.200	73	71
Zinc, Zn	mg	0.94	10	0.060	0.83	0.80
Copper, Cu	mg	0.094	--	--	0.083	0.080
Manganese, Mn	mg	0.020	--	--	0.018	0.017
Selenium, Se	µg	51.6	33	1.508	45.4	43.9
Vitamins						
Vitamin C, total ascorbic acid	mg	0.4	--	--	0.4	0.3
Thiamin	mg	0.159	10	0.006	0.140	0.135

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 88g	3.0 oz 85g
Riboflavin	mg	0.412	10	0.013	0.363	0.350
Niacin	mg	6.850	10	0.470	6.028	5.822
Pantothenic acid	mg	0.990	--	--	0.871	0.842
Vitamin B-6	mg	0.460	--	--	0.405	0.391
Folate, total	µg	2	--	--	2	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	2	2
Folate, DFE	µg	2	--	--	2	2
Vitamin B-12	µg	19.00	10	1.610	16.72	16.15
Vitamin A, RAE	µg	54	--	--	48	46
Retinol	µg	54	--	--	48	46
Vitamin A, IU	IU	180	--	--	158	153
Lipids						
Fatty acids, total saturated	g	4.176	--	--	3.675	3.550
14:0	g	0.592	10	83.700	0.521	0.503
16:0	g	1.375	10	188.900	1.210	1.169
18:0	g	0.256	10	39.100	0.225	0.218
Fatty acids, total monounsaturated	g	7.006	--	--	6.165	5.955
16:1 undifferentiated	g	0.534	10	105.400	0.470	0.454
18:1 undifferentiated	g	1.202	10	313.300	1.058	1.022
20:1	g	1.598	10	244.500	1.406	1.358
22:1 undifferentiated	g	2.498	10	368.800	2.198	2.123
Fatty acids, total polyunsaturated	g	4.300	--	--	3.784	3.655
18:2 undifferentiated	g	0.147	10	17.000	0.129	0.125
18:3 undifferentiated	g	0.113	10	14.100	0.099	0.096
20:4 undifferentiated	g	0.051	10	7.100	0.045	0.043
20:5 n-3 (EPA)	g	0.504	10	75.500	0.444	0.428
22:5 n-3 (DPA)	g	0.106	10	15.000	0.093	0.090
22:6 n-3 (DHA)	g	0.699	10	58.700	0.615	0.594
Cholesterol	mg	75	10	2.940	66	64
Amino Acids						
Tryptophan	g	0.267	--	--	0.235	0.227
Threonine	g	1.045	--	--	0.920	0.888

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 88g	3.0 oz 85g
Isoleucine	g	1.099	--	--	0.967	0.934
Leucine	g	1.938	--	--	1.705	1.647
Lysine	g	2.190	--	--	1.927	1.862
Methionine	g	0.706	--	--	0.621	0.600
Cystine	g	0.256	--	--	0.225	0.218
Phenylalanine	g	0.931	--	--	0.819	0.791
Tyrosine	g	0.805	--	--	0.708	0.684
Valine	g	1.228	--	--	1.081	1.044
Arginine	g	1.427	--	--	1.256	1.213
Histidine	g	0.702	--	--	0.618	0.597
Alanine	g	1.442	--	--	1.269	1.226
Aspartic acid	g	2.442	--	--	2.149	2.076
Glutamic acid	g	3.559	--	--	3.132	3.025
Glycine	g	1.145	--	--	1.008	0.973
Proline	g	0.843	--	--	0.742	0.717
Serine	g	0.973	--	--	0.856	0.827
Other						